



Indigenous Kenyan Communities' Adoption of Sustainable Agriculture Practices,

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Abstract

Indigenous Kenyan communities have traditionally practiced sustainable agriculture methods that are resilient to climate variability and resource scarcity. However, with increasing population pressure and environmental challenges, there is a growing interest in adopting more modern sustainable agricultural practices. The research employed a mixed-methods approach combining qualitative interviews with quantitative surveys. Data were collected from 50 randomly selected villages across Kenya's semi-arid regions. There was a notable shift towards conservation agriculture techniques such as contour farming and intercropping, particularly among communities with higher levels of education and access to extension services. The findings suggest that while indigenous practices remain deeply embedded in the agricultural landscape, there is evidence of an increasing adoption of modern sustainable methods driven by external interventions and community engagement. Given the observed trends, it is recommended that policy makers support further education programmes targeting marginalized communities to enhance their access to these more efficient farming techniques.

Keywords: Kenyan, Maasai, agroforestry, resilience, pastoralism, biodynamics, sustainability

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